

The Ancient Olympic Games

The first Olympic Games were held in the year 776 BC in Olympia, Greece and continued there every 4 years till 393 AD. These games were held in honour of the god Zeus and the Greek king Pelops. There were only a few events in the ancient Olympic Games and they were only for men.

The events were:

- **Equitation events**
 - Chariot racing
 - Riding
- **Running**
- **Boxing**
- **Wrestling**
- **Panathlon**. This event was a combination of boxing and wrestling
- **Pentathlon** which had five parts:
 - Discus
 - Javelin
 - Jump
 - Running
 - Wrestling

An Olympic winner was crowned with an olive wreath and his name was written in the official Olympic records book.

After the Christian Romans captured power in Greece, their Emperor Theodosius banned the Olympic Games in 393 AD saying the Games were too pagan.

The Modern Olympic Games started only in 1896